

MINIMUM RESISTANCE LIVING

a lifestyle that heals

Vivek Kumar Singh

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INTRODUCTION

The great pandemic of the twenty-first century is almost over yet many people continue to live with a trauma-based mindset. Their minds are still processing and fighting against a subconscious virus.

Deep down in everyone's subconscious mind, the memory persists, despite the absence of the clear and direct danger. The underlying subconscious fear and frustration manifest in countless unconnected ways on a daily basis. Speaking from personal experience with friends and family, nobody remained the same anymore.

The subtle change shows up when unexpected situations arise, even on a day-to-day basis. Some are still fighting their "demons," which appear out of nowhere in the form of distorted behavior, usually triggered by stressful events.

Indeed, our mind is more complex than we actually realize with conscious awareness. In this book, I am going to discuss a "way" that I have been using for a while and that has worked like therapy for me. Actually, it's more of a lifestyle approach, which I refer to as "Minimum Resistance Living." So, what is Minimum Resistance Living?

Before I get to that part, let us explore what life has become in this age of pandemic, social media, technology, A.I., chaotic politics, and the precursor of World War 3. In a single sentence, I would say life is total chaos.

Every year, we experience a new conflict that keeps us engaged for the rest of the days throughout the year. Most people find this to be detrimental to their core beliefs and values. The complex PTSD-induced dysregulation in their nervous system is what causes them to process reality a bit differently. That is where the issue stems from.

Even though complex PTSD, a subconscious "demon," remains dormant for most of the day, the slightest stress often triggers erratic behavior in people, which only becomes apparent when viewed from an educated perspective.

Most people recognize patterns subconsciously; dysregulation in others' moods may trigger a stress response deep within them. This reaction, in turn, triggers a stimulus response in their psyche, and the dysregulated demon of their nervous system crawls right out.

One thing leads to another, and the last thing most people remember is that they find themselves surrounded by an argument, a confrontation, exaggerated speech, or even a physical confrontation, without their conscious intention.

If they fail to recognize this subtle change in their behavior on a deeper psychological level, over time, their behavior may permanently alter their personality, and it is likely they will not even notice it.

Complex traumas on a subconscious level accumulated over a period are the causal factor in play. If you find yourself contemplating the shadow side of the "abyss" too much, you probably need to read this book.

CHAPTER ONE

What Is Minimum-Resistance Living?

*"An idea that is developed and put into action is more important than an idea that exists only as an idea." —
Buddha*

In documented human history, 'life' is probably the most used word by writers, poets, and philosophers. There exist countless books on the subjectivity and objectivity of life. Everybody has their own take, yet only a few have truly understood the process of life in its entirety. Even though we are all alive, some find the process less rewarding. Some would give up and resign themselves to fate, while others remain unaware of the potential for a better life if they did not rely solely on the words of others to guide their own unique journey.

Life is a continuous process of existence, but merely existing does not imply that we are truly living. The feeling, the expression, and the experience are what make life wholesome. Unfortunately, many people misinterpret the meaning of expression and experience, leading to a general misconception about their life process. This, in turn, leads to unpleasant experiences, ultimately leading to a life unlived.

Minimum-Resistance Living is not a way to lead a lazy life; it is quite the opposite. Minimum-resistance living is an attitude to reduce internal resistance in order to have a direct interface with life's processes on a day-to-day basis. This attitude toward life will help

reduce internal hesitation in order to lead a natural life. This approach can assist you in reducing internal resistance stemming from overthinking, low self-confidence, catastrophic thought patterns, anxious thought patterns, and depressive life experiences, among other issues.

To understand what I mean above, let us try to understand the general process of life. Our lives begin at birth; from there on, the only thing, that we can do is live it properly every single day for the rest of our existence. I define minimum-resistance living as leading a straightforward life without excessive complexity.

Humans are ego-driven creatures. While many view ego as a negative trait, without a healthy ego, we risk regressing to a state of complete failure as a species. A pathological, ill ego, on the other hand, would cause us and those around us to suffer on levels nobody can even imagine.

Disruptive suggestions from all directions, such as social media, technology, AI, propaganda, and lies, inundate us in today's day and age. As a result, the healthy ego lacks the opportunity to interact with a healthy environment and contribute to a healthy life path. The constant bombardment of disruptive signals from all directions, which we tend to absorb through our subconscious mind, led to the ego's illness.

So-called "influencers" on social media exploit this mental state every single day. These social media influencers usually come up with things that are far from healthy, let alone natural. This does not end with just influencers but continues with politicians, so-called "religious" leaders, and so on.

Unfortunately, people are addicted to shortcuts, and the majority of us have never been taught the "correct" way to live. Those who attempted they did so through myths, religions, movies, songs, and other similar sources, which is not the right way. Today's generation has access to the internet, technology, and tools that did not exist half a century ago. The more theoretical way of learning, the lack of practice and total dissociation from nature create internal resistance

and lead to more dissonance and dysfunction in an individual's life. In simpler terms, people live more in their heads than in reality.

Moreover, programming and advice based on subliminal content, divorced from the actual natural process of living, often foster codependency. While the content of such advice may be beneficial to some, its intentions often fall short of providing the necessary tools for direct interaction with the organic life process.

Our connection with nature is as important as a tree with soil and water, birds with a free sky, flowers with sunlight, and so on. The easiest way to establish a connection with nature is through breathing. We are all children of nature, and our breath does more than just pump oxygen to the lungs, heart, and bloodstream.

It anchors us to the course of life. During periods of distress, anger, confusion, anxiety, worry, and even depressive episodes, we subconsciously breathe in rather haphazard ways than we would otherwise. This subconscious distortion in breathing patterns causes an internal resistance and, if left unchecked for extensive periods, becomes the precursor and trigger of behavioral dysregulation in the nervous system and lifelong dysfunction in terms of mental health.

Although it is not a bad idea to learn a few breathing techniques that are available freely online, you do not really need to learn any specific breathing techniques to bring your breathing pattern back to its natural rhythm. During adversity, just be aware of your breathing rhythm, especially in the worst of moments. Acknowledge the dysregulation in your mood and guide your breath back to its normal rhythm.

We need to master our breathing pattern, not as part of some meditation ritual but as a daily practice to combat the internal resistance we often harbor due to unfavorable events and a lack of proper defense mechanisms to handle them effectively. The concept of "minimum resistance living" encompasses all the necessary steps we should take to manage the internal resistance that arises from our interactions with our surroundings while maintaining a strong connection with nature and reality.

The complex issues we all face did not happen overnight. Instead, we have been living an unnatural life for quite some time, and most people's natural behavior has deteriorated to a level worse than a pandemic. Nobody is living a direct, natural life anymore. We want life to be more controlled and mechanically managed, and on top of that, we have all locked ourselves into this invisible prison of social media. "Minimum Resistance Living" will guide you through a healthier, natural approach to interact with your life's process and lead it better from day one.

CHAPTER TWO

Simplify The Process Of Life

Some people call life a race, and others call it a marathon; the definition keeps changing. Personally, I perceive life as a process that encompasses numerous sub-processes. It may sound a little mechanical, but the term "process" literally means "gradual journey," etymologically speaking. The journey has many aspects, but the process itself, rather than the destination, is and always will be the most important aspect of any journey. We cannot arrive anywhere if there is no journey, but a journey only exists if we have a destination.

Life's goal is to live it properly. People will give you philosophical, psychological, sociological, or pure logical explanations about how to live a life and what should and should not be your goal, but nobody told you that as time passes the goals change, so should the journey. As I said before, both the aim and journey of life are to live it properly in its entirety.

The problem is that we overthink everything, and we are always overly protective and skeptical toward anything that differs from our comfort zone. Our comfort zone makes us lazy and paranoid. The joy of living becomes rather dull when unnecessary things constantly trigger our paranoid side subconsciously. Day in and day out, it drains the very last bit of joy out of our very existence. Yet we barely take into account how much better our lives can be if we simplify a few day-to-day repetitive processes. If not physically, then at least in our perception, we could become more mindful, less clingy, and less critical about the feelings these mundane tasks evoke. Wouldn't it be a more direct way of living if we developed an understanding of how things are rather than assuming and making judgments about what they should and should not be?

This is where mindfully planned time management comes into play. People create planners and strictly write things down, but if they skip one thing or another or perform poorly, they get frustrated. Even worse, some people start to live day after day strictly according to a written schedule, becoming more robot-like. This also makes us vulnerable when uncertainty strikes suddenly. Effective time management necessitates a flexible approach rather than adhering to a strict list of tasks. Dedication is needed, obsession is not.

Everything is uncertain, and the process varies from person to person for short periods of time, let alone planning something for years or a lifetime altogether. Consider being more present and making decisions for shorter periods. Planning things a night in advance is fine, but planning for an entire week is excessive. However, meticulously planning every waking and sleeping moment in advance can lead to frustration by the end of the week. The word "living" by definition alone means to deal with each moment as it arrives, not before or after.

There can never be a way to know and control things before hand, calculate the best way around, and then finally live a perfect life. It is simply not practical, even though the concept of having a perfect life exists and is tempting. Living the process as it comes and being mindful of each moment is the only way to lead a proper life. We, as natural human beings, find joy in exploring our surroundings and interacting with the environment.

Sadly, recently, things have become more chaotic and detrimental than before, but it is not the first time we as a collective species, i.e., humankind, have faced such situations. We get back on our feet every single time we fall. This demonstrates our inherent courage. Courage is what makes us strong and determined to live a life of meaning and purpose. In order to lead a meaningful life with purpose, we need to let go of all the clingy, unhealthy things that hinder our natural being.

We introduced social media as a tool to assist businesses, individuals, and even children, but regrettably, it has become a

vehicle for the spread of vulgarity, poor behavior, hatred, propaganda, and so on. We have grown increasingly dependent on it, exacerbating the problem. "The devil" is our addiction, consuming us from within like a parasite. We, as offspring of nature, should break ourselves free from this toxic codependency; nobody but us can fix it. Simplify your life by letting go of unnatural elements. Do not compete or compare with others in unhealthy, unnatural ways; don't find an excuse; just remind yourself every single day that you want to limit the use of these things in life. Create healthy boundaries and reinforce them every day. Cut yourself free from addiction and clutter, and reinvent yourself to associate more with nature, even in the worst of times. The term "nature" is repeated on purpose; please do not confuse me with some hippie or vegan promoter or something else. The term here refers to our organic way of living and interacting with life and all the elements of the environment.

Simplifying your life process and reintegrating with nature will serve you more than all the apps on your phone combined, because the creator sent us to this earth already equipped with the things we need most. We have confused ourselves by believing that we need to be dependent on things that are deteriorating our mental and natural health every passing day.

CHAPTER THREE

Deal With Your Shadow Side.

Life is a process, and as I said in the previous chapter, that means we are bound to everything that comes our way, good and bad; life must go on. Many people fail to understand that we cannot escape from our own nature, that of others, the environmental factors, and so on. In the past two decades alone, many people have developed numerous theories about human existence and reality in general. Some call reality a matrix of some sort; others call it some mysterious and unexplainable simulation. However, life's process remains independent of both simulation and matrix. For example, if we refer to life as a simulation, then why do things like pain, sorrow, and sadness exist? While simulation is perfect and well calculated, life is imperfect and not so well calculated, making it incompatible with simulation.

When we were born, we had completely different abilities than we have today. Tomorrow, when we get older, our abilities will further change into something else. We travel through life from beginning to end in both happiness and misery. We do good, we do bad, we cry, we laugh, we mourn, we envy, we love, and we lose. We live the complete spectrum of life—emotions, feelings, imperfection, and things of that nature. Existence's causality influences and deforms life processes. Time passes; emotions pass; and feelings pass, too. We remember how we felt in certain situations, and then we form an opinion about things, people, and even ourselves. These opinions become prejudice, taboo, and, later on, subconscious behavior. The shadow emerges, and each of us carries a shadow side, as the shadows always accompany light.

A person's shadow is nothing but a subconscious rejection and denial of his own shortcomings—things that make him feel inferior,

incomplete, indecent, or insignificant, and so on. Nobody actively seeks to recognize their own shortcomings, yet we often tend to overstate the mistakes of others.

For instance, everybody has neighbors, bosses, family members, friends, and so on. There is always some kind of discussion among people—a gossip or subconscious projection about somebody else's shortcomings yet we forget to acknowledge our own. Among other people, our cousins, uncles, crazy neighbors, and ex-partners frequently become the focal point of these discussions, leading us to believe we are somehow exempted and we don't carry a shadow.

The majority of people see this shadow side as an alien concept, an external object that remains undetected in their minds, as if they also don't carry it. As if this shadow, perceived as a parasite of some alien species, cannot affect them, but in their mind it has already affected nearly everyone else; only they're safe, but everybody else is compromised by default. The thing is some neighbor, uncle, or cousin also sees the same pattern in you. Keep in mind that each of us possesses a shadow, which we should recognize and control, instead of denying or glorifying it as we often do in movies, life is not a motion picture, it's the reality of your life with real consequences.

The shadow grows like hair and nails when we don't trim it others may perceive us as gnarly and judge us. The point is to subdue it through integration and keep it in check so that it won't corrupt our true self.

When a criminal commits a crime, people no longer care about his name, personality, likes, or dislikes; they only remember the crime he committed. Most criminals kill their true selves because their shadow overtakes their personality, growing until it consumes them completely. These are the dangers of unchecked shadow; it devours you by disconnecting you from the reality.

From a broader perspective, there will always be all sorts of individuals engaged in a variety of activities, but when you manage your shadow, the world begins to fade, the Maya's illusions dissipate,

and you regain your wholeness. There is a great emphasis on keeping the shadow in check, in philosophies like Buddhism, the philosophy of Carl Jung, and Friedrich Nietzsche and so on, for a reason. The purpose is to be whole again.

People live in dissociated states of mind, completely drowned in a sea of solipsism, and somehow confuse it with reality. Dealing with the harsher aspects of life often leads to a defect that manifests as dysregulation in one's psyche and dysfunction in one's life. This defect arises from living a continuous process without considering the things that exist deep beneath the surface of consciousness. The shadow originates from there, and if left unchecked, it can drown a whole personality.

As you can see in subconscious projections of your aunt, uncle, cousins, etc., suppressing and ignoring your shadow is also dangerous. It is better to process it so that you won't stay stuck in the abyss any longer.

CHAPTER FOUR

How To Deal With Difficult People?

The part where we dealt with the shadow side helped us understand that it's a part of life; when the environment isn't ideal or well-tuned to create the true gems in the form of people, we can feel a little under the weather. This is very normal and natural; not all flowers are full of mesmerizing fragrance or color. Not all seasons are the same, and not everybody looks the same. In the same way, people come in all shapes and sizes. Everybody bears the burden of their own lives, which in turn shapes their personalities.

Some people make the best of their adversities, while others become a bit bitter. Their behavior reflects their own shortcomings, and over time, it becomes ingrained in their character. This is the underlying nature of "difficult" individuals: some may choose to maintain their anger, others may harbor hatred or criticism, and still others may exhibit timidity, discontent, dissociation, delusion, etc. Every difficult person is different, but the underlying causes remain the same.

When interacting with challenging people, consider them to be individuals who make a concerted effort to manage their lives but often fail to recognize the underlying causes of their own problems, which they then project onto others, creating an illusion of superiority. Well, I deal with such people with nothing but compassion; however, I don't overdo it. Being a difference-maker means having compassion for others, even if they are not perfect. Overdoing it puts you in a position where someone who has difficulties with their own life process can see you as a distraction, a threat, or a source of exploitation.

In order to deal with such people on a daily basis, make sure you keep things on a humane level for both you and the other person. Do not do their work, succumb to their dysfunction, or be a

doormat; instead, focus on your message. Instead of judging them when they misbehave, keep things sane, rational, and respectful. If they begin to lose respect, it's important to stop once you've properly and compassionately communicated that their behavior is unacceptable, and then walk away. That's how you move past the conflict, drama, and confrontation every single day. While things may not improve over time, they don't get worse either, which is the reward.

Society comes with hierarchies, status, and relentless competition. Everyone wants to be an 'alpha' for the perks, but nobody wants to do the work. Status is what people seek, not the honest work that can actually make a difference. Many people's egos exceed their IQs. When you interact with difficult people, remember these facts and try to understand their perspective and expectations. The more you understand, the better you can diffuse the madness.

Yes, it may sound like a lot of work at first, but it's way better than having endless arguments, confrontations, and, at times, aggression on a daily basis. After a few tweaks, these things worked for me and should work for you too. Remember that we're all trying to make the best sense of life possible.

CHAPTER FIVE

Let The Healing Begin.

What is healing, if not an intrinsic property of the mind and body to bring itself back to a natural state of homeostasis? When we stop hindering the natural flow of life, healing comes from within. Let me elaborate: if a gardener kept watering his plants night and day, would they grow faster or would they just die off? If he applies too much fertilizer, keeps the plants in excessive sunlight for extended hours, etc., the plants will simply die. The same principle applies in reverse as well if he avoids watering the plants at all they die once again. We often engage in excessive activity or neglect essential tasks, both of which are incorrect. The key is proper attention to life and allowing things to unfold naturally and that's how it finally flourish.

When it comes to human behavior, we are prone to making mistakes. We stay up all night and sleep all day, workout when we need to rest, and rest when we should be doing hard work. We prioritize flavor and taste over nutrients in food. These factors have a negative impact on our lives, gradually over time, day after day. Because we live in a bubble of our own making and believe we are superior to nature, yet we often remain unaware of the negative impact on our lives. Will saturating our bodies with one factor or substance speed up the results? The short answer is no.

When it comes to bodybuilding, many individuals endorse human growth hormones and steroids, which, regrettably, have gained widespread acceptance in today's society. The truth is, our body already possesses a variety of mechanisms and processes that continuously collaborate with nature to provide us with the necessary nutrients for maintaining a healthy body and mind. The problem is that we became addicted to cravings, attention, taste,

and the dopamine hit we get after indulging in unhealthy or maladaptive patterns.

We use screens while eating, sleeping, and even defecating. It's amusing how only a few people realize that these screens have taken over our lives and are affecting us in ways we can't imagine. Some individuals enjoy watching action or horror movies while sitting on a toilet seat. Subconsciously they're engaging their nervous system with a terrifying scene and at the same time attempting to relax their sphincter to complete their business, how contradictory is that? Others like to smoke before they can even imagine going to the bathroom. Yet people are still confused about whether they are living a natural life.

The examples are countless, but I want to refrain from criticizing too much. See, here is a thing: the mind and body have their own rhythm, pace, and synchronicity with each other and the surrounding environment. The more we disturb this rhythm, the more disorders will manifest in our lives, whether mental or physical. To reduce this, we must first learn how to be in alignment with nature, i.e., wake up with the sun and go to bed when night falls. This is not "loser talk," despite what some people may portray it. We should keep these cycles in mind daily, as they form the foundation of health for a natural and healthy life.

Let us dive a bit deeper. When the sun rises and we interact actively with the environment—the fresh air of early morning, the soft sunlight with our pure state of mind—the body and mind feel rewarded, and prepare us for the rest of the day. We get ready for the day and enjoy all of its aspects with vigor. In the same way in the evening, after a productive day of hard work with an undistracted mind, the body naturally signals fatigue and it wants to relax. By the night, the mind signals the body to have its well-deserved sleep, and we get a good night's sleep. Aligning your mind and body's rhythms with nature will reward you with health and healing. So if you truly want to heal, try living more naturally.

You don't need to watch an online video to understand this, as nature has already provided you with everything you need; you've just forgotten it by unconscious denial. Let go of all the anger, all the confusion, the sadness and madness, the insecurities or hubris, and things will fall right back in place once again. Don't disturb the flow this time, and learn to respect it for the rest of your life. The healing will continue on its own.

CHAPTER SIX

The Method To Heal

Developing a universal healing method, that work for everyone is extremely difficult. I can only discuss the methods I personally apply in my life, which have consistently yielded results. These methods are not a series of steps or a tutorial designed just to help you understand the logic behind things, but you need to try and practice them if you want to see any effects manifest.

However, it's important to note that these methods are neither outlandish nor mysterious. Instead of seeking something exciting, you should look for something functional that can help you live a positive life and remove the dysfunction that you carry but may not even realize right now due to confusion, stress, depression, anxiety, anger, etc. The idea here is to detach yourself from unnatural, complex loops that are making you suffer day in and day out. Instead of trying something entirely new, focus on doing the things you've been doing incorrectly, and do them properly.

The first thing I trained my mind to do, which has significantly improved my life over the past few years, was to understand and adapt to the rhythm of day and night. When it's time to wake up, do so, and when it's time to sleep, simply close everything and head straight to your bed. The day has different opportunities to offer, just as the night has entirely different ones. When we mix things up too much, it disturbs the body-mind rhythm.

You can follow the steps below for a week or two and notice a difference from within. Remember not to judge things too harshly; instead, focus on how you feel when you make these changes. Here is a simple treasure that helped me even in my darkest moments. I fixed a schedule for my personal business but kept it flexible. I set a

time frame to wake up early in the morning, usually between 5 a.m.-6 a.m., as I believe everyone should experience the early morning ambience.

Even in the winter, I usually wash my face with cold water before going outside to sit in the morning sun for 10 to 15 minutes. When I do that, I bring no electronics; just a chair and me. I feel the warmth of the sun and imagine in my mind that I am breathing in the sun's energy through my breath. It fills every single cell of my body with pure energy, and all the stale energy purges through my skin's pores.

I maintain my focus on breathing and the energy that all of my organs are absorbing directly from the environment. Keeping my eyes closed, I look toward the morning sun and let everything unfold. I visualize myself communicating with Mother Nature; I feel everything around me—the birds, the air aroma, the breeze in my hair and skin—and make it deeper. When I feel that my fuel tank is full and that I can use it for the rest of the day, I feel ready to handle the day as it comes to me. Throughout the day, I remind myself of this feeling, and it releases the buildup of stress instantly, even when situations are out of control. I feel it for a while, and then I allow things to flow and unlock. This is my typical approach on days that are not too complicated.

When faced with challenging days, I maintain an open mindset. Rather than viewing them as a burden or something that will negatively impact the rest of my day, I strive to view them as challenges, which serve as opportunities for personal growth. Without challenges, there's no point in living a monotonous life. I approach challenges with a spirit of challenge and a humble attitude, and when tensions arise, I take deep breaths and remind myself of my boundless energy and unity with life. When it comes to difficult days, they can be any day or part of any day, so I don't expect anything to be perfect; as long as everything works and I'm moving forward, it's all good.

If things start to get a bit more drastic over the course of a week or so, then I try to figure out what may have been the root cause that is giving me a harder time than expected. Perhaps I am making a mistake or overlooking some crucial details. I dedicate 30% of every day to chaos and things beyond my control, while maintaining a focused mindset and striving to navigate through the day.

Every single time, things work out, but even when things don't go as planned, I continue to do my daily tasks. You cannot change all aspects of your life just because a few things are causing you trouble. I remind myself that everything is impermanent, and that's how I disengage my mind from obsessive thoughts and overthinking. When you don't cling to something and are aware of multiple tasks at once, your life flows. Things do settle down later than they should, but always for the better. At times, I overcome challenges with the strength of a king, while at other times, I find myself humbled by issues like a monk. Everything is moving; it's all part of the life and living process.

This method may not seem so fancy and lucrative, but it really works and keeps me going. Although the excitement and lucrative things fade, life continues. If you have a high, there will be a low, too; dopamine and serotonin are the factors at play. Nobody can be perfect; no day can always go as planned; no workout can keep you fit and young forever; the flow of life will always be there, in both good and bad times; this method always works; what more could I ask for? Why would you need anything else? Why get anything else when you can heal with nature, food, proper behavior, exercise, and accepting the unexpected?

CHAPTER SEVEN

Maintain And Improvise What You Have Learned And Earned.

Do not get distracted and confused now that you have this new insight, this new understanding of the world, and your newly discovered yet primordial internal strength. We still have a long way to go. When we practice and apply something on a daily basis, we become like it. If we are easily confused or distracted, we will remain that way forever. However, if we are confident, focused, and want to live a better life because it is so rewarding, we improve every day.

Once again, it's similar to bodybuilding; instead of lifting weights, we are using our minds effectively to strengthen it. Imagine: If a bodybuilder gets excited and lifts the most weight he can one day, and then the next day and days after that, he reminds himself that he lifted the most weight, and now he doesn't need to lift anymore, will he be able to maintain what he built with so much effort over the years? The answer is no; he will start to lose body mass and strength, and then one day he will become weak again. Similarly, when we start to heal and improve our lives, we must make consistent efforts until it becomes our nature. This is how we can live a joyful life, but it's still not an effortless one. There will be difficulties, expected and unexpected situations, but if you practice and apply what you have learned, you will always improve.

Difficult times are not always negative things. I know it's easier said than done, but having a negative attitude about things that you don't want to do doesn't make those things any easier or make the whole process vanish—methods that one must go through in order to evolve in life. A lot of people associate success with having a grasp on materialistic objects such as a big car, a big house, etc. No

doubt, that is success, but it is in the field of materialism. Don't get me wrong, I am not some anti-materialistic nut job that denies the existence of reality.

The problem lies in not acquiring anything that would help you in your daily life.

The issue arises when you acquire materialistic objects, leading you to mistakenly believe that you have reached a certain point. People usually start to get comfortable with their possessions and feel protected. This is yet another trap, as people often find themselves ineffective in unexpected situations. For example, when a person faces financial hardship, like being a broke college student, their entire college experience revolves around accumulating money—things he cannot afford, things that others possess but he lacks. He will concentrate all his efforts on building a strong financial foundation to acquire the items he currently lacks.

There's nothing wrong with that, to be honest; every student should think that way. However, if the hypothetical student we're using as an example becomes financially strong at some point, the underlying drive to face similar challenges in the future will likely decrease, if not completely disappear. If you ask him to go through something equally difficult without the money factor attached, chances are he wouldn't want to go through it at all.

If you develop your life independent of materialistic gain alone and put efforts into developing and leading a wholesome life, you will have a much stronger foundation to take things as they are, without getting clingy to things that support you or things that defy you. You will flow like the seasons, always yourself and not limited to a label, purpose, or goal. That's how human psyches evolve anyway: to remove the limits. Your inner contentment will show you that no matter what you do, you are always content.

When I say 'happiness,' I don't mean laughing or smiling; what I am trying to say is that you will be able to deal with everything without overburdening yourself under the weight of unneeded complexity that often leads to unnecessary suffering. We often delude ourselves

into believing that there is only one way, even though things may appear linear and stationary in objective reality, which is far from the truth. We live in a nonlinear world. If you delve deeper, you'll discover that your perceived limitations stem from incorrect learning experiences that you mistakenly believed to be absolute truths for both yourself and others. This is often the underlying reason for depression, as is for worry or even anxiety. We often perceive situations incorrectly, and without the necessary knowledge, training, or familiarity in a particular area, we find ourselves unable to tackle certain challenges.

When we fail to understand and come up with a functional solution, things tend to become rigid, and our subconscious mind often interprets this rigid reality incorrectly. Don't misunderstand; reality, by definition, is rigid and objective. However, we often overlook the fact that, despite the challenges we face, both life and ourselves are constantly in motion.

Sometimes, even the most challenging aspects of life fade away without much conscious effort. The experiences are like seasons; they come with a new challenge and a new flavor, but they always change, and with that change come new opportunities, new emotions, new wisdom, and new strength. That's exactly what you're going to maintain, and that would be the basis of your new success story.

